

# The River of Life

*A model for existence, consciousness, and the self.*

DESIGNED FOR QUIET CONTEMPLATION



*Life is a River. You may call it **God,**  
**Love,** or **Consciousness.***

Just as it is the nature of a river to **Flow**, it is the nature of **Love** to **Love**.

# The Grammar of Reality

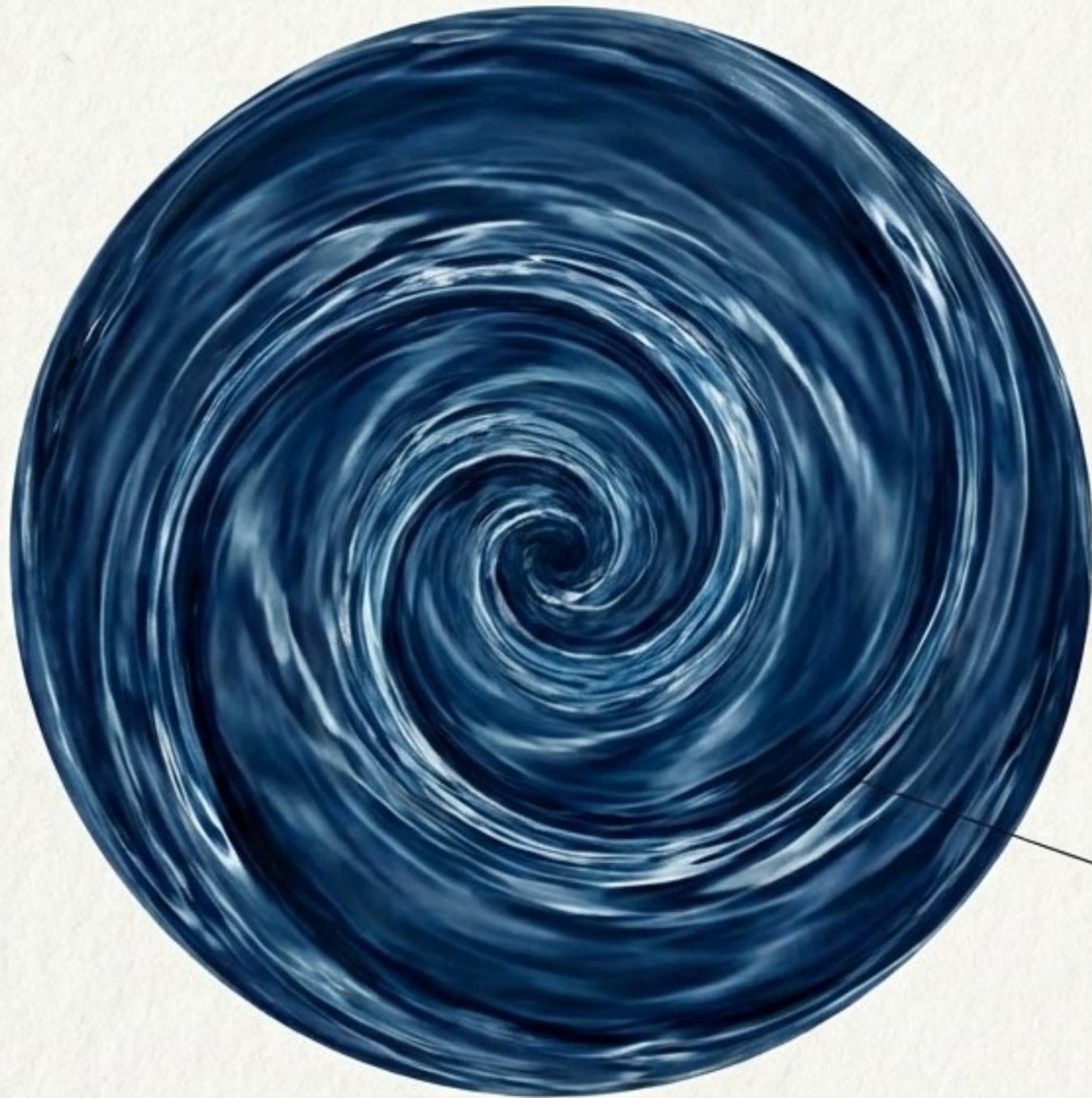
We often commit the error of treating Verbs as Nouns.  
It is the nature of an error to cease once it is clearly seen.



**NOUN**



***VERB***



# The Whirlpool

Your form can be likened to a whirlpool in the River of Life.

The whirlpool is not separate from the water. It is the **water**, whirling.



→ **Twigs (Experience)**

→ **Debris (Personality)**

Accumulated, circling, but distinct from the water itself.

# The Connection to the Flow

While you are in Form as the Whirlpool, your direct connection with the River is constant.



**Breath Flow:**  
The rhythm of  
the current.



**Blood Flow:**  
The circulation  
of the life force.

# The Error of Mistaken Identity

When you identify exclusively as the localised, limited whirlpool, you limit your experience, vision, and understanding. You see yourself as a static Noun, rather than a flowing Verb.



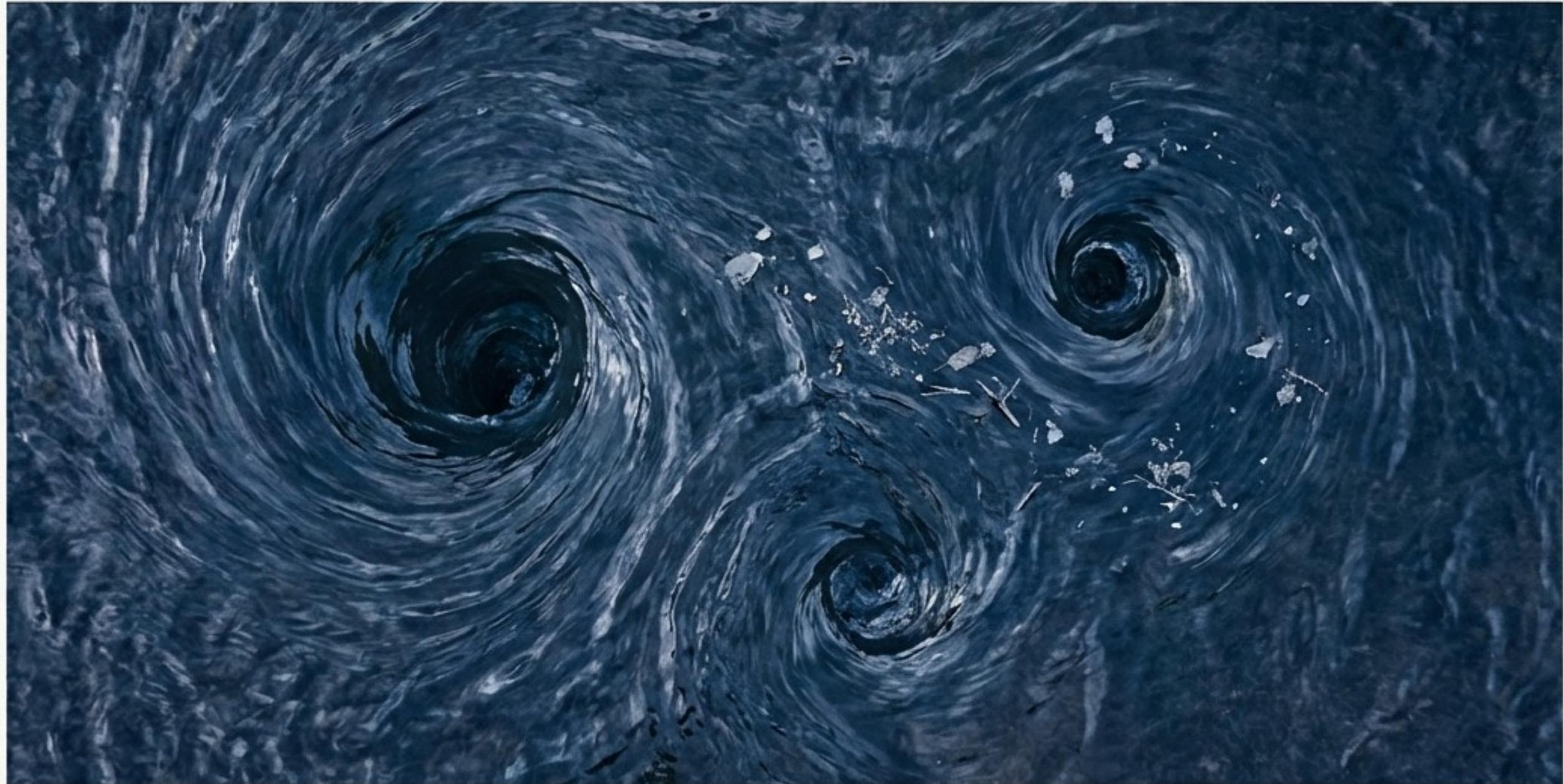
# Relaxing the View

Remain alert, but soften your focus.

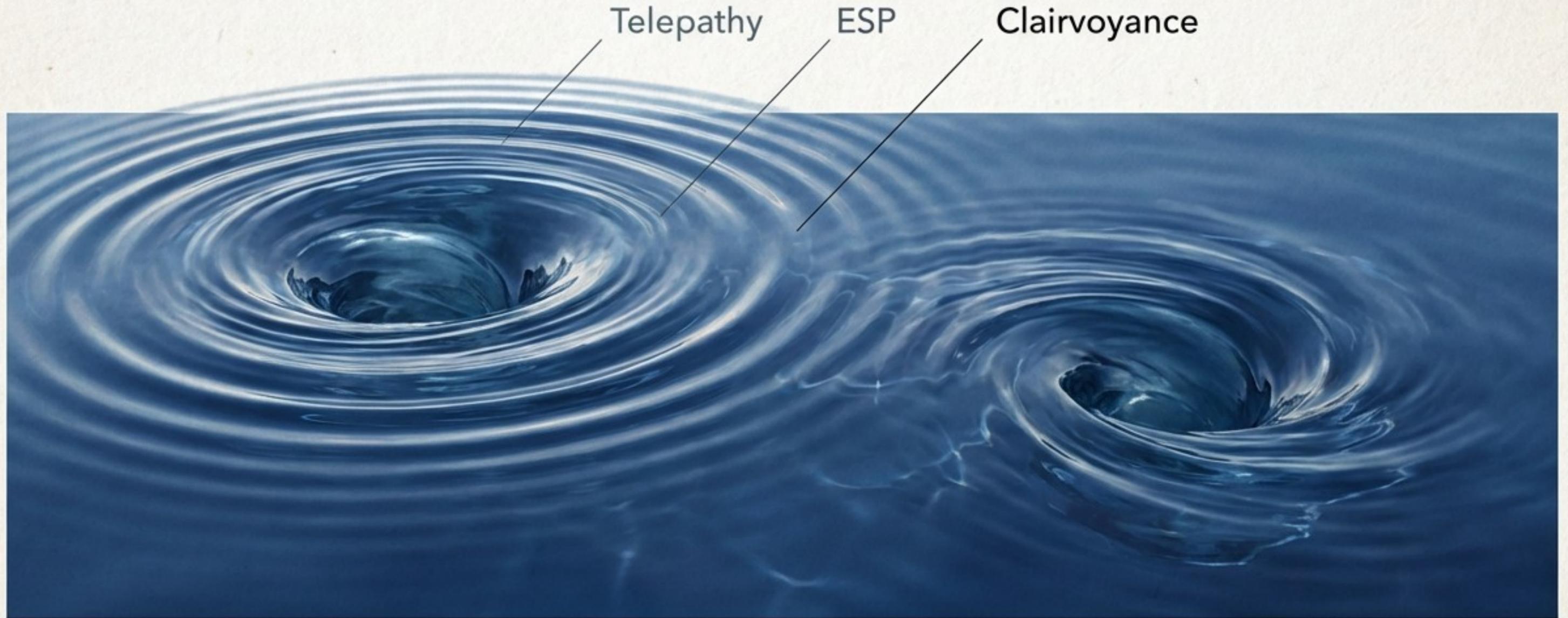
You realise that what you truly are is the limitless River. Your Form is simply how the River appears as the location called 'You'.

# Interaction

In the River of Life, there are countless other whirlpools you encounter and interact with.



# Connection Beyond Words

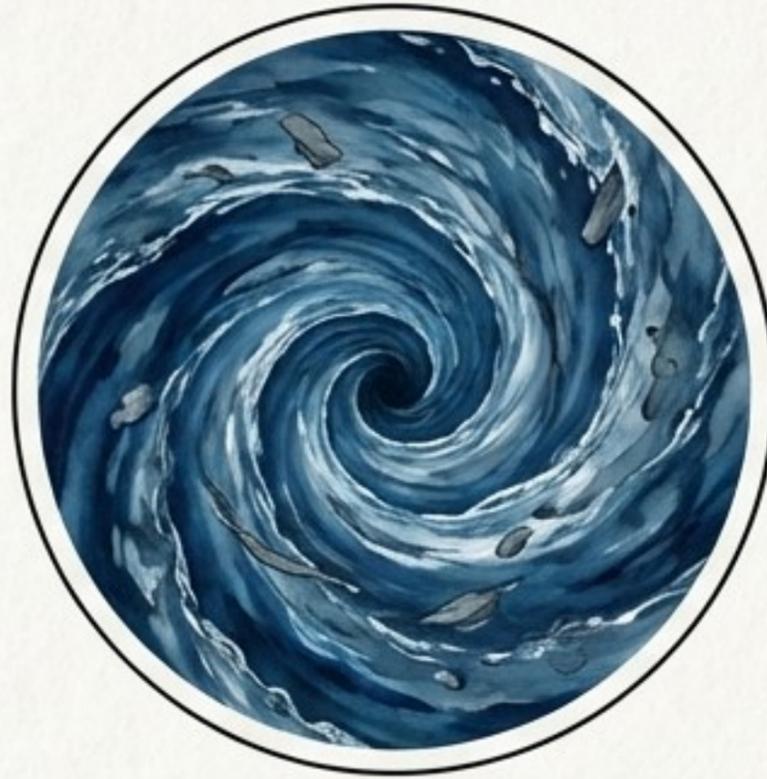


Because we share the same medium, ripples of information travel through the River, connecting whirlpools without physical touch.

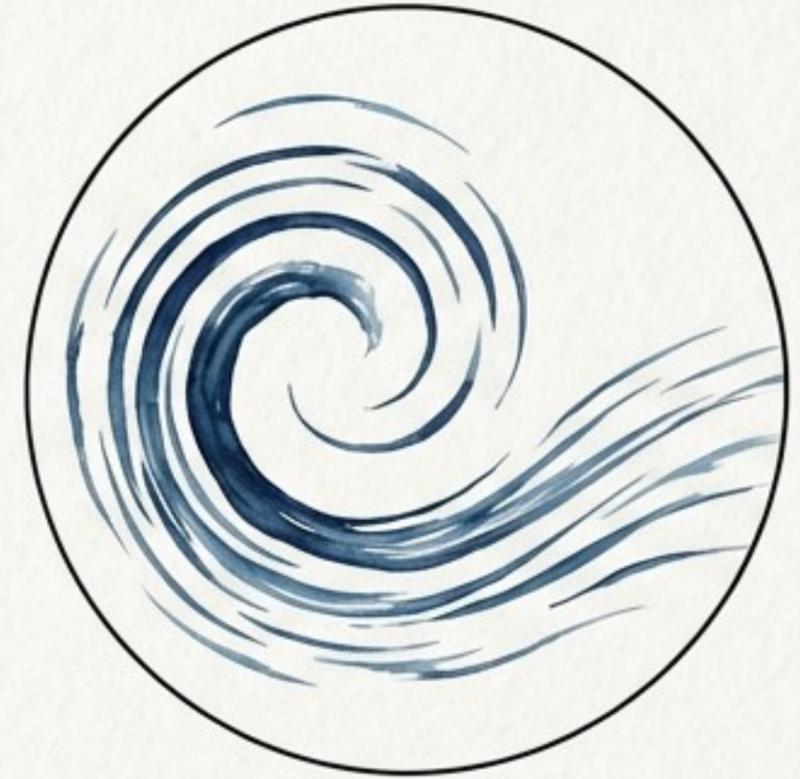
# Flowing Out of Form



Flowing Into Form



Flowing Through Form



Flowing Out of Form

This represents death. Yet, nothing has actually happened to the river water other than it no longer supports and sustains the shape of the whirlpool.

# The Drift



After the individual form breaks down, the water, debris, and twigs merge and continue to flow with the River."

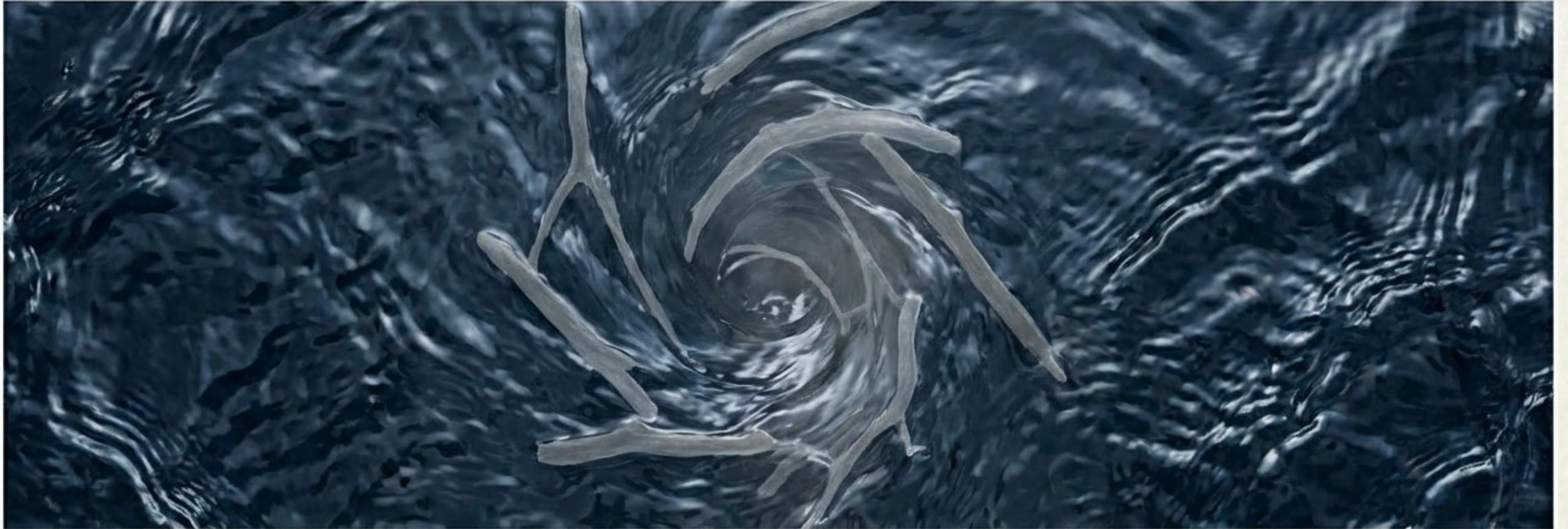
# Reincarnation

Downriver, a new whirlpool forms. Some twigs and debris that were once part of a previous form are caught within this new form. in Avenir Next

*"The water is fresh; the debris is recycled."*



# The Timeless and The Temporary



The Whirlpool: A temporary Form. A Noun.

The River: Timeless. An eternal process.

There is no time when you are not the River.

See the error.

You are the River whirling.

FLOW INTO FORM. FLOW THROUGH FORM. FLOW OUT OF FORM. YOU REMAIN.